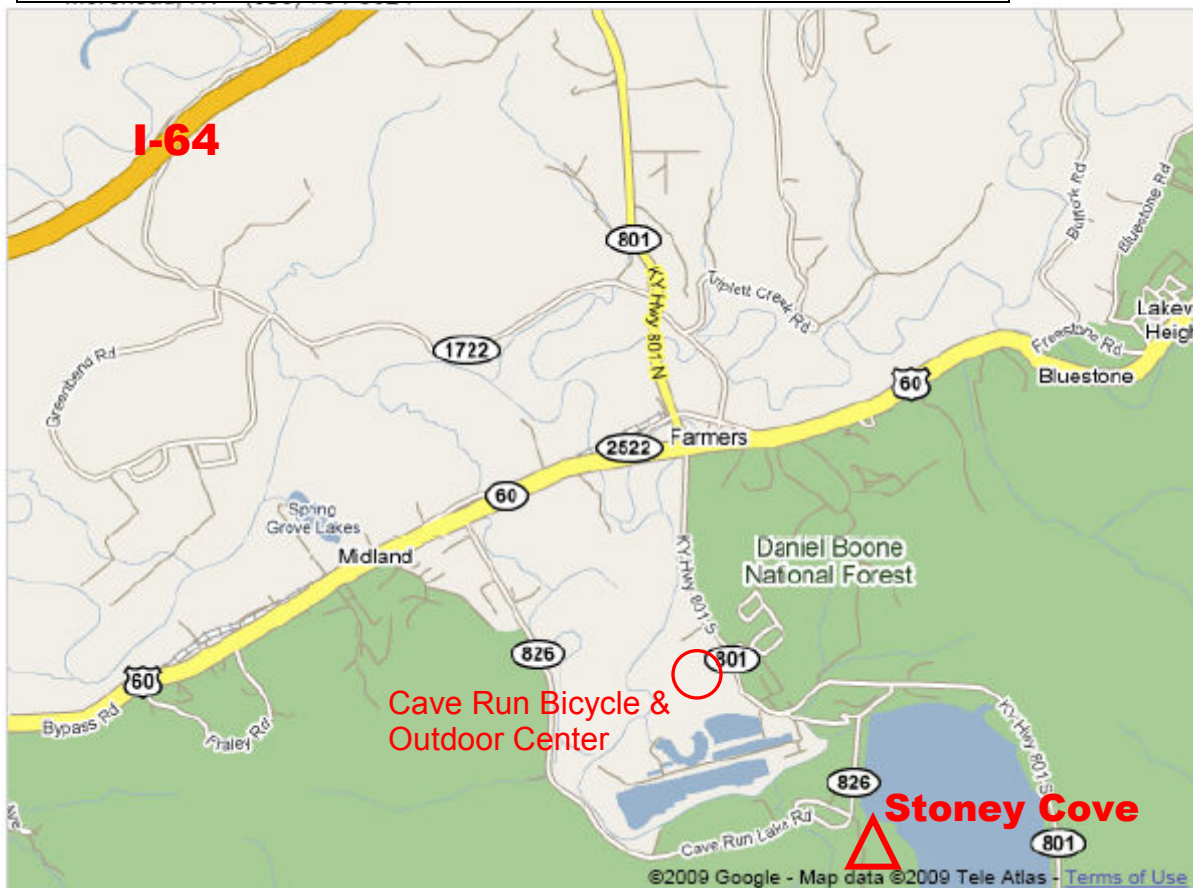


Sheltowie Extreme Directions



From I-64, take Exit 133 (Sharkey/Farmers). Turn South onto Hwy 801. Continue along 801 past US 60. Turn right onto Hwy 826 (signage for Stoney Cove Recreation Area, Corps of Engineers office and Cave Run Lake Dam). Immediately after crossing the dam, turn left into Stoney Cove Recreation Area. The race will start and finish at this location.

Nearby lodging options include Comfort Inn & Suites on Hwy 801 at the I-64 exit (this is the nearest chain hotel and is just a few miles from Stoney Cove - 606-780-7378 or 800-228-5150); Brownwood B & B (606-784-8799); and Cave Run Lodging (606-783-1234 or 888-276-8759).

You can fill any last-minute gear needs at the Cave Run Bicycle & Outdoor Center, which you will pass on Hwy 801 traveling from the interstate to Stoney Cove. John Haight, the proprietor, can also take care of any bike maintenance or repairs you might need after unpacking your bike (606-784-1818).